



**Jacqui Campbell,  
MS, RD, CDN**


Have you ever wondered about certain ingredients or how to shop to reduce the amount of salt in your meals or were you recently diagnosed with a condition requiring a change to your meal plan?


**Let the  
Living Well  
Eating Smart  
Team help!**


If you are interested to learn more about how Jacqui Campbell can help you and your family, contact her directly at:

**Jacqui.Campbell.RD  
@gmail.com  
(413) 504-4197**

 **Store Tour**

 **Event Table**

 **Cooking Demo**

 **Support Group**

# Nutrition Events at Big Y®

Jacqui Campbell is a registered dietitian available in a handful of Big Y locations in Western Massachusetts to provide workshops and supermarket tours to community groups for **FREE**.

## WESTERN MASSACHUSETTS SCHEDULE

### August 2019

**August 7**

***Living with Diabetes***

6:30 – 7:45 PM  
**Chicopee Big Y  
650 Memorial Dr.**

Walk the aisles of Big Y to learn smart shopping choices and meal planning tips for improving blood sugar control.

 **Store Tour**

**August 13**

***Sandwich Solutions***

11:00 AM – 1:00 PM  
**East Longmeadow  
441 North Main St.**

August is National Sandwich Month! Whether it's to brown bag or a quick at-home meal, join us to learn how to assemble some simple nutritious sandwiches.

 **Event Table**

**August 14**

***Living Gluten Free***

6:30 – 7:30 PM  
**West Springfield Big Y  
503 Memorial Ave.**

Join us for open conversation about gluten-free living and sampling of gluten-free snacks, in collaboration with the National Celiac Association.

 **Support Group**

**August 20**

***Living with Diabetes***

10:30 – 11:45 AM  
**Wilbraham Big Y  
2035 Boston Rd.**

Walk the aisles of Big Y to learn smart shopping choices and meal planning tips for improving blood sugar control.

 **Store Tour**

**August 23**

***Helping Kids  
Eat Right***

12:00 – 2:00 PM  
**Wilbraham Big Y  
2035 Boston Rd.**

Join us as we Inform & Inspire you during Kid's Eat Right Month and learn MyPlate guidelines for your entire family, tips for picky eaters and kid-friendly meal ideas.

 **Event Table**

**August 23**

***Helping Kids  
Eat Right***

2:30 – 4:30 PM  
**Springfield Big Y  
300 Cooley St.**

Join us as we Inform & Inspire you during Kid's Eat Right Month and learn MyPlate guidelines for your entire family, tips for picky eaters and kid-friendly meal ideas.

 **Event Table**

**August 27**

***Back to School  
Basics***

11:00 AM – 1:00 PM  
**Northampton Big Y  
136 North King St.**

Bagged lunches don't have to be boring. Join us to gain tips and tricks for packing delicious lunches to fuel the day.

 **Event Table**

**August 27**

***Rave About Apples***

2:30 – 4:30 PM  
**Longmeadow Big Y  
802 Williams St.**

Come learn about apple nutrition and how to include apples into meals and snacks. Plus, sample our newest sweet and juicy apple variety – the Rave.

 **Event Table**

**August 29**

***Rave About Apples***

2:15 – 4:15 PM  
**East Longmeadow Big Y  
441 North Main St.**

Come learn about apple nutrition and how to include apples into meals and snacks. Plus, sample our newest sweet and juicy apple variety – the Rave.

 **Event Table**

Visit [bigy.com/livingwell/getsocial](http://bigy.com/livingwell/getsocial) for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.